



# MEDICAL BOARDS

# A Few ACRONYMS

MEB	= Medical Evaluation Board
PEB	= Physical Evaluation Board
PEBLO	= PEB Liaison Officer
APEBLO	= Alternate Physical Evaluation Liaison Officer
NARSUM	= Narrative Summary
PDA	= Physical Disability Agency
NARSUM	= Narrative Summary (heart of MEB)
PDRL	= Permanent Disability Retirement List
TDRL	= Temporary Disability Retirement List
TRANSPROC	= Transition Processing
USAPDA Agency	= United States Army Physical Disability Agency
VASRD	= Veterans Affairs Schedule for Rating Disabilities

# Our Customers

- ✦ **ACTIVE DUTY**

(Army + limited support to other services)

- ✦ **RESERVE COMPONENTS, AGR, MDAY, TPU, INCAP, ADME, FFD**

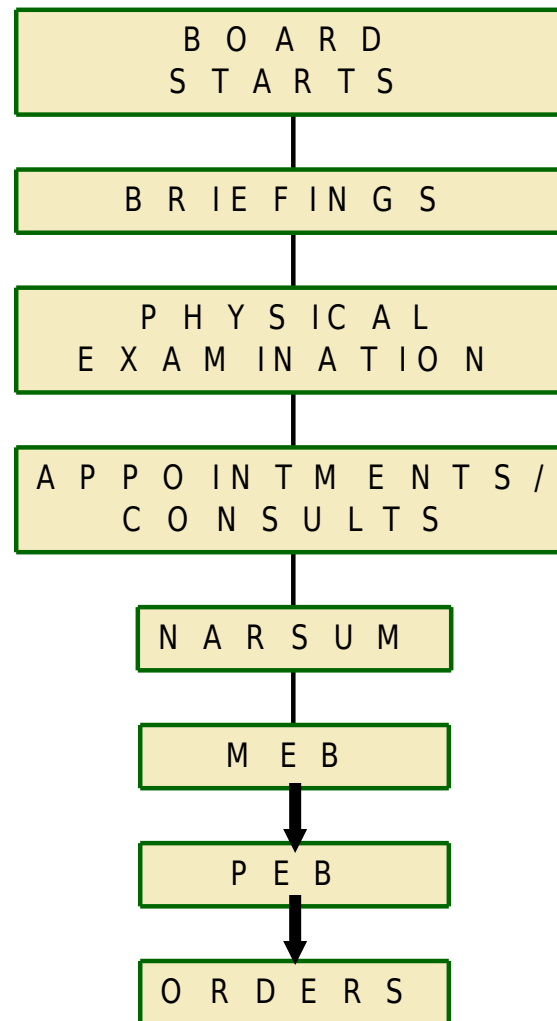
- ✦ **MEMBERS ON TDRL**

# Roles and Responsibilities of the PEBLO

- ✱ Counselor
- ✱ Mother
- ✱ Supervisor
- ✱ Editor
- ✱ Mediator
- ✱ Chaplain
- ✱ First Sergeant
- ✱ Pest



# MEDICAL BOARD PROCESS





# **How did I become a Medical Board?**

## **3 Ways to become an MEB:**

- 1. REFERRED BY A  
FITNESS FOR  
DUTY EVALUATION**
- 2. REFERRED BY MMRB**
- 3. REFERRED BY A  
DOCTOR**

# A Medical Board is **NOT**...

- ✱ An MOS reclassification Board - any MOS reclassification would have occurred at the MMRB.
- ✱ You **WILL NOT** sit in front of a panel of board members. The MEB is simply a DR's evaluation and recommendation.



# **How long does it take to complete a Medical Board?**

From the time you are notified, by the WRAMC MEB staff, that you will undergo a Medical Board, our goal is to send the case to the PEB within 90 days

THIS IS ONLY AN **ESTIMATE**



# How long does it take to complete a Medical Board?

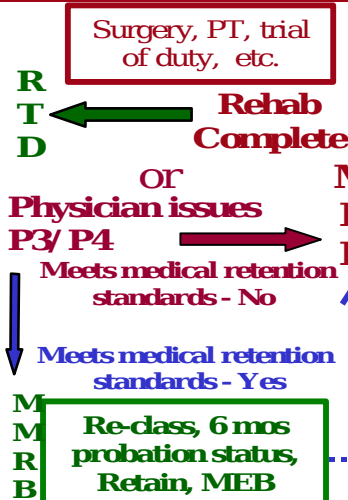
## U. S. Army Medical Command Physical Evaluation Processing Timeline Goals

### Phases

Color Key	
<span style="color: red;">■</span>	MEDCOM Actions
<span style="color: blue;">■</span>	PERSCOM Actions
<span style="color: green;">■</span>	Installation Actions

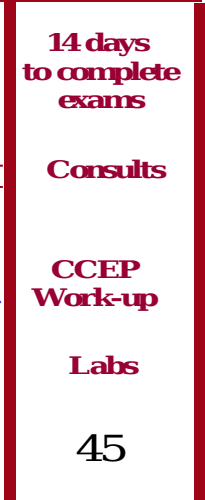
#### Rehabilitation Phase

Temp Profile (NTE 1 yr)

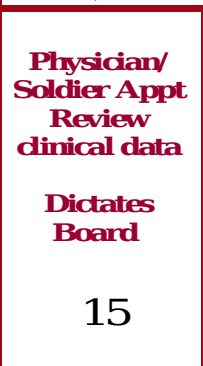


#### MEB Physician Phase

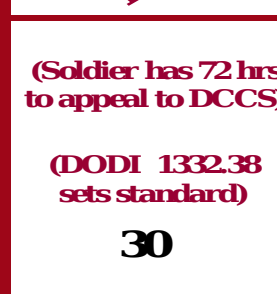
Perm Profile



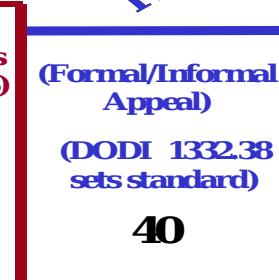
#### NARSUM Phase



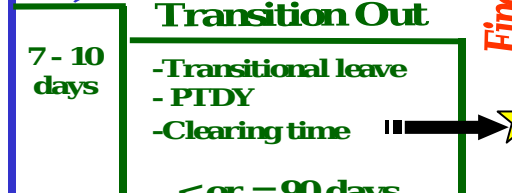
#### PEBLO Phase



#### PEB/PDA Review



#### Transition Out



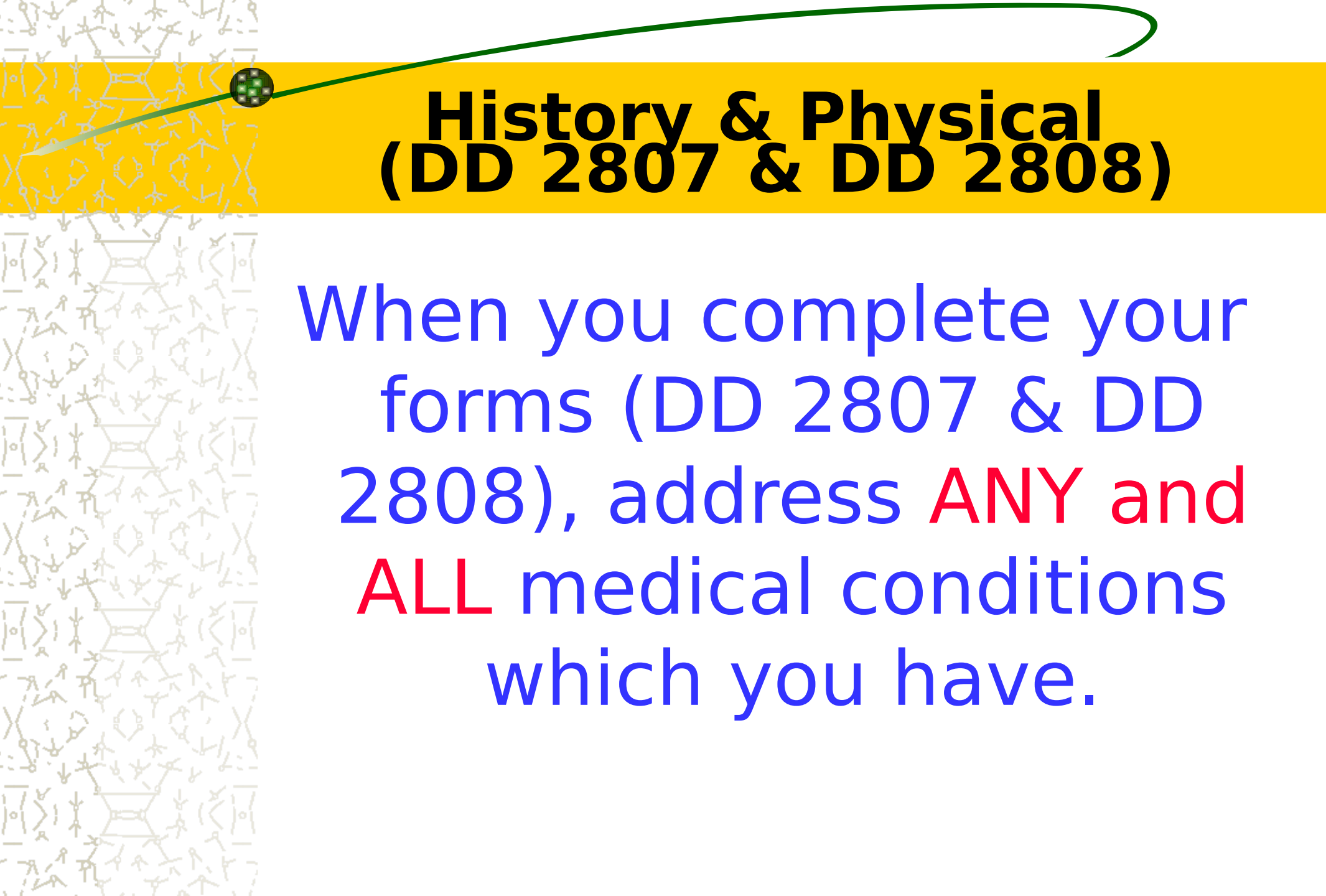
Final Out



# What is a Medical Board?

It is a “word picture” of your medical condition, military history and lifestyle.





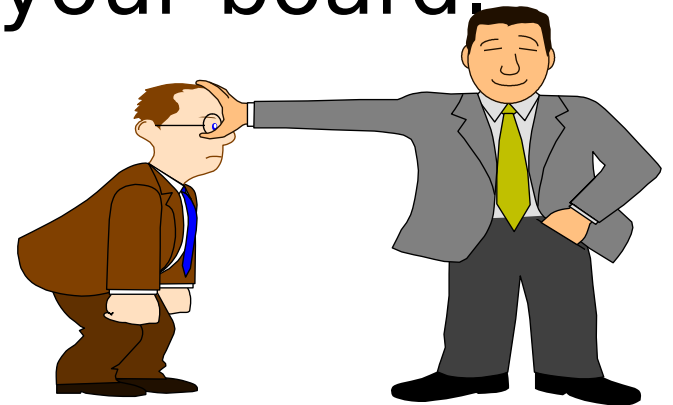
# History & Physical (DD 2807 & DD 2808)

When you complete your forms (DD 2807 & DD 2808), address **ANY** and **ALL** medical conditions which you have.

# Narrative Summary (NARSUM)

It is in your best interest, to tell your Board Doctor about **any & all** medical problems you have. If necessary, they will be reviewed and addressed in your board.

**Your doctors CANNOT read your mind. If you do not tell them all your problems, they cannot help you.**





# **Can I write on my behalf?**

If you feel you have information which would help the MEB/PEB, you can write a statement on your own behalf, which will be included in your PEB packet.



# Consults

If your PA or Board Doctor wants you to be evaluated by another specialty clinic, they will request a **consult** with that clinic. **Please notify your Medical counselor ASAP when this happens.**

**DO NOT CALL TRICARE FOR AN APPOINTMENT – SEE THE MEB COUNSELOR!**

# ● What is in the MEB Packet?

- ➔ Coversheet (DA FM 3947)
- Narrative Summary (**NARSUM**): written by your doctor. Provides a “word picture” of your condition, history and status. Provides a recommendation.
- **Consults** from clinics you visited.
- Current **History & Physical** (DD 2807 & 2808).
- Copy of your **profile**.

# Personnel Data\*\*

- ➔ ERB/ORB/PQR
- Disciplinary Action Statement completed by the custodian of your 201 file (**PSB**)
- Commander's Evaluation Letter
- NCOERs/OERs (**E-5 And above**) (**Last 3**)
- APFT SCORECARD (**Last 3 years**)
- 4187 (**Name changes, loss of rank, promotions, etc**)
- LES (**Current End of Month**)
- Medical Records
- MMRB Results if necessary





# Personnel Data\*\*

\*\*RC soldiers may have additional requirements.

RPAS

Line of Duty Investigation (LOD)

Orders to Active Duty



# Completed PEB Packet

- **MEB PACKET**
- **PERSONNEL DATA**
- **HEALTH RECORD**

# ● What are the possible MEB recommendations?

- ✦ The Board Doctor can recommend:
  - ✦ Return to Unit without limitations
  - ✦ Return to Unit with limitations
  - ✦ Refer to Physical Evaluation Board (PEB)
  - ✦ Other



# Who reviews my MEB?

1st: Two Doctors, your board doctor and one other doctor

**YOUR PEBLO**

2nd: The WRAMC Deputy Commander of Clinical Services (or his representative)

**YOUR PEBLO**

3rd: You



# Can I appeal the MEB?

If you disagree with any portion of your Medical Board, you can opt to appeal it.

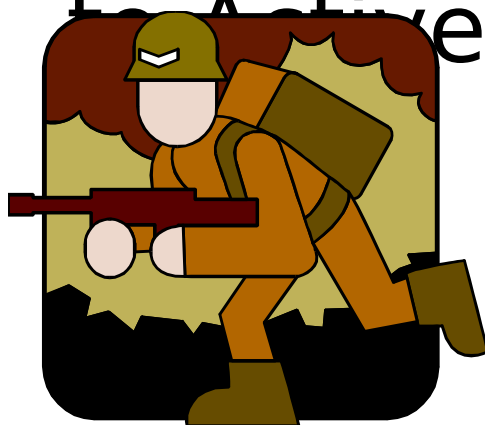
HOW?

You have 3 working days to write an appeal stating why you disagree with the MEB recommendations.

The written appeal is then resubmitted to the Deputy Commander of Clinical Services for his further consideration. Your appeal becomes part of the Board packet

# Line of Duty (LOD)

An LOD is **REQUIRED** for any condition that is the direct result of an accident or injury which occurred while entitled to Active Duty Pay



# What about flags or UCMJ?

Court martial procedures can stop your medical board.

Chapter 10 can stop your MEB

Chapter 14 is done in conjunction with the medical board. Which action has precedence will be determined once the MEB is completed.

Chapter 9 does not stop your MEB proceedings  
All other Chapters are put on hold until the Medical Board is completed.

**Immediately report any flags or adverse actions to your PEBLO**



# **What if I am about to ETS?**

Soldiers can be retained medically for the purpose of completing the medical evaluation board.

**NOTIFY YOUR PEBLO 30 Days PRIOR!**

**3 Month Interval**



# ● What if I am about to PCS?

Soldiers who come down on PCS orders or are currently on orders cannot PCS until the Medical Board is complete.

**NOTIFY YOUR MEB Counselor**  
**IMMEDIATELY**

# ● Is there any way I can stay in?

**YES**, you can request Continuation on Active Duty (COAD) with a medical waiver.

CRITERIA FOR CONSIDERATION:

**15 YEARS BUT LESS THAN 20**

**SHORTAGE MOS**

**INJURY COMBAT RELATED**

HRC MAKES THE DECISION

**NOT THE PEB**



# What does the Physical Evaluation Board Do?

The PEB reads all documentation and determines your fitness status:

**“FIT FOR DUTY”**

**or**

**“UNFIT FOR DUTY”**



# ● Can I appeal a FIT for DUTY?

If you are found  
“FIT FOR DUTY”  
you can only appeal in  
**WRITING.**

The PEB President will read your appeal and decide if you will appear in front of a formal appeal board.



# **“FIT for DUTY”**

Once you have been found FIT for DUTY, you will receive a FIT letter from the Physical Disability Agency, you will be released from all restrictions imposed during the medical board process

**YOUR MEB PERMANANT PROFILE  
WILL BECOME A PART OF YOUR  
MEDICAL RECORDS.**

# **“UNFIT for DUTY”**

**When the PEB determines UNFIT for DUTY, they also determine the % of unfitness.**

**----% Existed Prior to Service  
(EPTS)**

**0% - 20% Severance Pay**

**Calculation**

# 0 - 20 % -Severance Pay

2 MONTHS BASE PAY FOR EACH  
YEAR OF ACTIVE SERVICE (UP TO  
12 YRS)

$2 \times \text{\#YRS} \times \text{Base Pay}$

EXAMPLE: 6 YEARS 10 MONTHS  
ACTIVE SERVICE WOULD BE

$2 \times 7 \times \text{BASE PAY} = \$\$\$$



# **Medical Retirement - 2 types**

## **Temporary Disability Retirement List (TDRL)**

- Re-evaluated every 12 to 18 months**
- Can be retained a maximum of 5 years**

## **Permanent Disability Retirement List (PDRL)**

- Permanent Retirement**





# **Retirement Benefits**

Eligible for all benefits awarded to 20 year length of service retirees:

**MEDICAL THROUGH TRICARE  
DENTAL THROUGH TRICARE  
COMMISSARY AND PX**

# Can I appeal this recommendation?

If you disagree with an “UNFIT for DUTY” determination, you can appeal in two ways:

1. IN WRITING
2. REQUEST A FORMAL BOARD with LEGAL REPRESENTATION

**YOU HAVE 10 DAYS TO MAKE YOUR DECISION**

**NOTE:**

If you choose to appeal in writing, and the appeal is rejected, you may lose your right to request a formal board.



# ● What happens to my leave?

If you are separated or retired, you will have to sell back your leave.

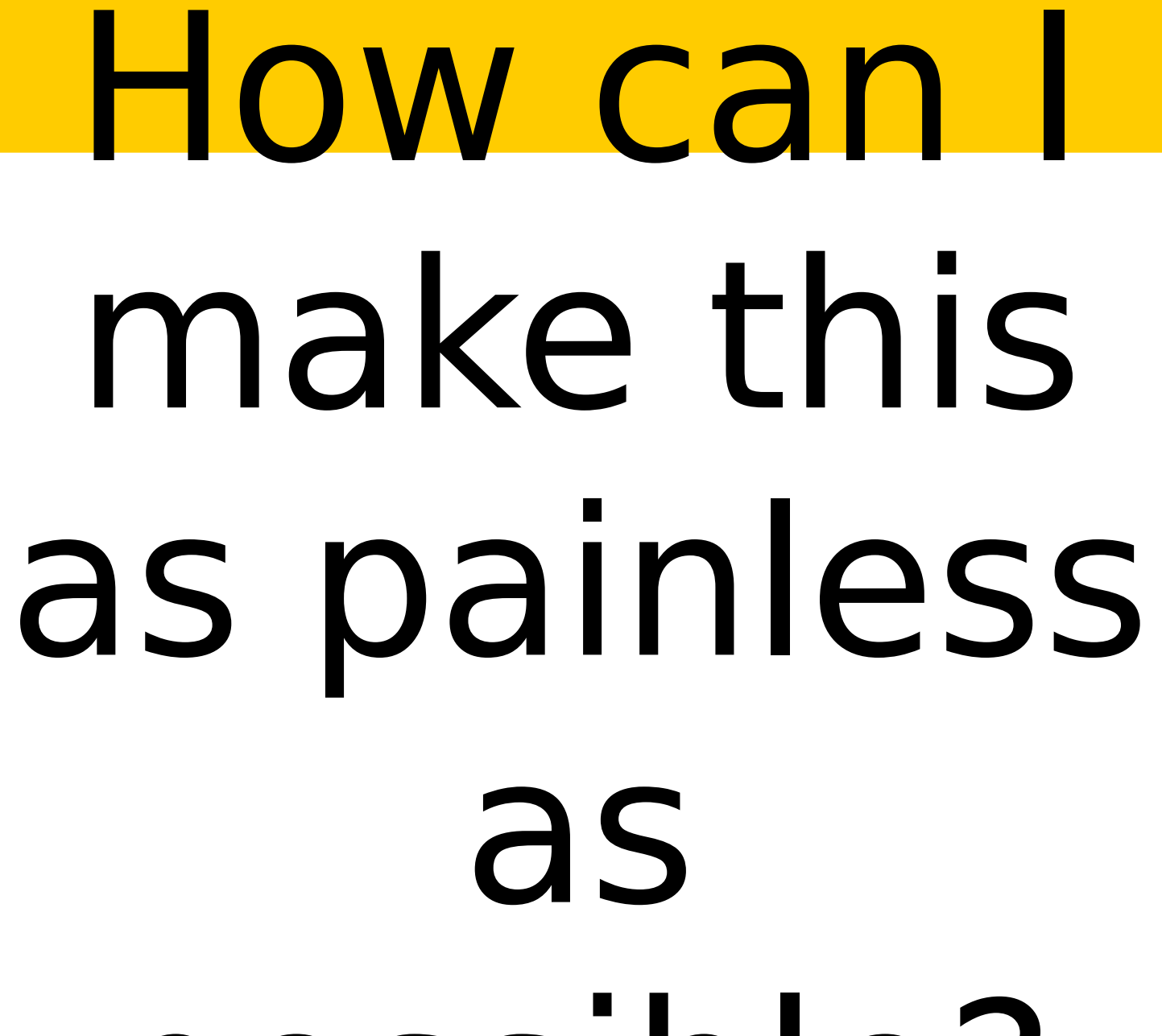
Any leave over 60 days (or if you have previously sold back leave) will be given to you as transition leave.

# What about confidentiality?

- ✦ Your medical board is personal and private.
- ✦ Limited information can be provided to your unit:
  - IF YOU ARE A MEDICAL BOARD
  - WHAT IS THE BOARD'S CURRENT STATUS
  - IF YOU WERE FOUND FIT OR UNFIT

**Family members do not have automatic access to your medical records/board status.**

**KEEP EVERYONE CONCERNED INFORMED.**



How can I  
make this  
as painless  
as

# IGNORE RUMORS

All cases are unique.  
Until the PEB makes a  
determination, **NO ONE  
KNOWS WHAT THE  
OUTCOME WILL BE**





# **BE AVAILABLE**

Always provide accurate  
phone numbers

If you change units or  
assignments, let your PEBLO  
know.

Never leave town without  
telling your PEBLO.



# **BE AT YOUR APPOINTMENTS**

Don't miss any of your  
appointments.

Be on time with your ID card  
and medical records in hand

**Be in the appropriate  
Uniform**

**Be prepared to wait**

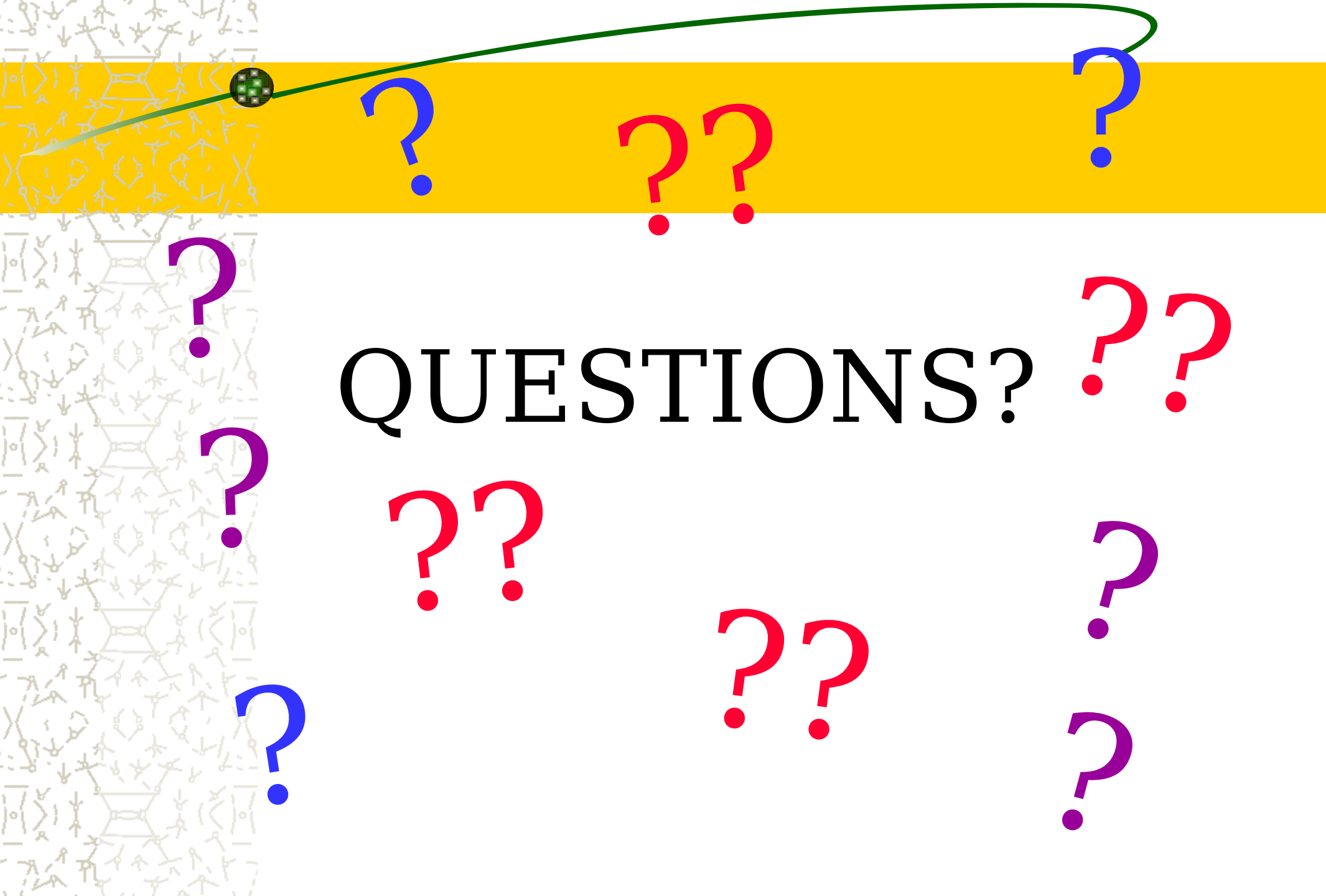


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# BE INFORMED

Ask questions. Ask how long each step should take and follow-up. This is **YOUR** career and **YOUR** board. Take the time to review all documents for accuracy. Provide accurate and timely information.

**YOU ARE THE KEY TO  
YOUR BOARD.**



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QUESTIONS?

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